



Welcome to Lughnasadh!

Welcome Lughnasadh! The 1st of August marks the Celtic festival of Lughnasadh. It celebrates the first fruits and anticipates the harvest to come. This is a time to begin to reap what we have sown in spring. Maybe a time to harvest our personal growth throughout the year, and to reflect on what project you are soon to reap the rewards of.

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Questions, Suggestions or Comments? Email me at JoannePsychotherapy@gmail.com



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Connecting Nature Enterprise Summit



I recently attended the Connecting Nature Enterprise 2 Day Summit. Coordinated by Trinity College Dublin. Connecting Nature is a consortium of 30 partners within 16 European countries, and hubs in Brazil, China, Korea & The Caucasus looking at large scale implementation of nature-based projects in urban settings. Research, developing programmes and policies were highlighted through a variety of workshops and networking events. **Recordings** of the event can be found here:

<https://connectingnature.eu/connecting-nature-enterprise-summit-recordings>

CPD Training Opportunities

Experiential Outdoor Process & Skills Workshop (6Hrs CPD)

Following my very successful session in June, I'm planning to run my **in person** 1 Day Experiential Outdoor Process & Skills Workshop again in August. It will be held on Sunday 29th August from 9:30am to 5pm. The venue will be in The Glen, Ennistymon Co. Clare. This had an average of 5 Star Feedback from participants last time so early booking is advised. Check out my website for booking details.

<https://www.joannehanrahan.ie/outdoor-experiential-training>



The Glen Ennistymon Co. Clare

Outdoor Psychotherapy Core Training (Online 15Hrs CPD)

My 15 Hour Outdoor Psychotherapy Core Training (Online) has been very popular and sold out in February April and May, with the April and May courses receiving 5/5 Stars Feedback from participants. The next course will run over 3 Sundays in September from 8:30am to 2:30pm on 12th, 19th & 26th September..

<https://www.joannehanrahan.ie/outdoor-psychotherapy-training>

Useful Links & Articles

Here is a selection of some useful and interesting resources that I've come across online over the past few months. I hope you enjoy them

Universities Developing Nature Based Solutions

It is very exciting to see Irish universities are currently playing a central role in the development of global nature strategies. To stay up to date with on developments and events in the area of nature based solutions, innovations, and research on links between green spaces and human health, keep an eye on the following websites:

- <https://connectingnature.eu/>
- <http://www.horizonnuu.eu/>
- <https://gogreenroutes.eu/>
- <https://www.greenforcare.eu/>



What if a park bench was your waiting room, and nature your co-therapist?

A growing group of practitioners see special benefits in conducting sessions outdoors. I've worked outdoors with clients for 6 years now and have recently begun seeing supervisees outside. This is a hugely regulating, relational and nurturing approach to therapy with a growing body of research behind it, beautifully merging the art, science and soul of psychotherapy. Here is an article from the Psychotherapy Networker magazine that provides some insights into the process of taking therapy outdoors.

https://www.psychotherapynetworker.org/magazine/article/2407/walk-and-talk/285c6980-307e-4f06-a592-422779a4f10/OIM?utm_source=linkedin&utm_medium=social&utm_campaign=pnlj



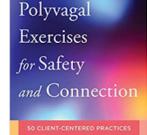
The Lost Words Blessing

And for a little light relief here's a link to a piece of music inspired by the book 'The Lost Words' by Robert MacFarlane and Jackie Morris

The Lost Words Blessing: <https://www.youtube.com/watch?v=Hg1xFYpXuWA>

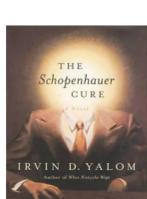
(Thanks to a UK colleague, Tina Rawlings, for sending it to me recently)

Book Recommendations



Polyvagal Exercises for Safety and Connection by Deb Dana.

With the Somatic Experiencing mantra to 'Orient to Pleasure' in mind I find Deb Dana's book "Polyvagal Exercises for Safety and Connection – 50 Client Centered Practices" a useful resource. I have completed training with Deb and find her teaching style very accessible. After giving a very user friendly explanation of the Polyvagal Theory, Deb introduces simple exercises to help us become aware of our Autonomic Nervous System states and to increase our access to the Ventral Vagal aspect of the NS. I find the exercises nice to use myself, with groups, and with clients. When clients have some understanding of their physiology, and this way of working this book may also be a good recommendation for them to work with themselves.



The Schopenhauer Cure by Irvin Yalom

I recently listened to Yalom's 'The Schopenhauer Cure' on Audible. This is one of Irvin Yalom's novels but, as with all his novels it has a therapeutic theme. The chapters weave between the history of German Philosopher Arthur Schopenhauer, the failing health of Julius Herzfeld, a fictional psychotherapist, the intriguing individuals and developments in Julius's therapy group and how all three worlds meet. As with most of Yalom's novels I really enjoyed this, although I will say listening to it, as opposed to reading it allowed me to tune out a little to the Schopenhauer chapters!

Around the world in 15 therapy rooms

I was honoured to have my Therapy Room featured in a great blog by Australian psychotherapist [Jodie Gale](#) showcasing 15 home office therapy spaces across 3 continents! Some great inspiration for anyone looking to set up or rejuvenate their therapy spaces. <https://psychosynthesisonline.com/inside-15-home-office-therapy-rooms/>



Developing New Skills - Supervision

At the start of this year I began training as a Supervisor. In Spring time I began to see supervisees. On the theme of reaping the harvest during the autumn I will be completing my training hours and I am really seeing the fruits of my labour. I'm enjoying this reflective learning and, as with everything, I'm merging this new skill with my exploration of outdoor work. There has been wonderful learning for both myself and many of my supervisees as we work outdoors together, in person and online – what better place for reflective practice. Currently I'm developing my skills supervising all aspects of therapeutic practice, supervisees with fully indoor/outline practices, those who are supervising taking clients outdoors and therapists already engaged in outdoor work. I hope to start a new Supervision Practice in 2022 – watch this space!

Recent Training Sessions

I had an active Summer season running another one of my online Outdoor Psychotherapy Core Trainings, and also getting to run an in person Outdoor Therapy Experiential workshop. I also facilitated other workshops for my corporate clients and for Somatic Experiencing Ireland.



Outdoor Therapy Experiential Workshop

Now this was exciting! I had a wonderful day with a fabulous group of therapists who joined me live and in person for my experiential outdoor therapy workshop in Co Clare during June.

The joy was palpable as like minded therapists actually got to do a CPD training together in person on a beautiful day in the woods.



Outdoor Psychotherapy Training

Another great group who finished 3 days CPD training with me in May. Really exciting to witness them dreaming up therapeutic ways to bring nature more into their work with individuals and groups in Psychotherapy practices and Educational settings.

(One group member missing from photo)



Team Development Post COVID

Had a great session on 'Team Development post COVID' with a corporate client in June. 'Well-being' is often seen as a HR driven soft skill response to employee anxiety. However, it's also core to business success. Business thought leaders such as [Patrick Lencioni](#) and [Simon Sinek](#) promote the importance of relationships, vulnerability, empathy, and caring in the development of high performance teams. It's interesting to explore the merger of Psychological and Business thought literature and how a blend of both help build psychological safety and trust in teams. It turns out the issues dealt with in Therapy rooms every day are also the issues Boardrooms need to address.



SE & Outdoor Psychotherapy

At the beginning of June, I was delighted to be invited to speak to psychotherapists from the Irish Somatic Experiencing (SE) community at one of their 'Café' style discussions. I presented and participated in an active Q&A on my clinical experience of integrating SE and the natural world generally, and specifically on the mergers I see between SE, trauma informed approaches and outdoor psychotherapy practice.

Thanks for taking the time to read my Newsletter. Feel free to share with anyone you feel would enjoy the content and email me with feedback or suggestions for future issues.

